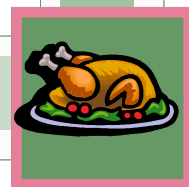
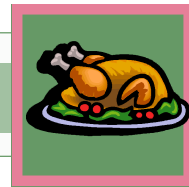
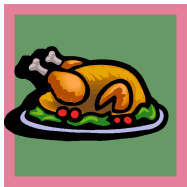


Maintaining your Healthy Diet

****Tips for the Holidays****

Holiday Goody "Before"	Calories	Serving Size and Tips "After"	Calories
Roasted Turkey - 6 Ounces Dark + White Meat, Untrimmed	450	Roasted Turkey - 3 Ounces White Meat - Trimmed (no skin, no fat). White meat contains a little less calories than dark. Add 30 more calories if you prefer dark meat.	130
1 Cup of homemade stuffing	400	1/2 Cup of boxed stuffing prepared with no calorie refrigerated butter spray.	110
1 Cup of Giblet Gravy	300	1/3 Cup of Giblet Gravy	100
1 Cup of Mashed Potatoes	350	1/2 Cup of Mashed Potatoes prepared with skimmed milk, no calorie refrigerated butter spray	100
Stuffed Celery - 1 stick	100	1 Stick of stuffed celery prepared with reduced fat cream cheese.	40
2 Sweet Pickles, 10 Black/Green Olives	125	2 Black Olives, 2 Green Olives	25
1 Cup of Candied Sweet Potatoes	400	1/2 Baked Sweet Potato w/ small pat of butter, dash of cinnamon, a couple of packs of no calorie sweetener.	100
1/2 Cup of Cranberry Sauce	200	1/6 Can of Cranberry Sauce - Jelled or Whole Cranberries	100
2 Rolls With Butter	200	1 Roll With 1/2 Pat of Butter	100
1 Cup of English Peas with Butter	150	1/2 Cup of English Peas with refrigerated no calorie butter spray	60
2 Glasses Sweetened Tea, Wine, Punch or Cider	300	Unsweetened Beverages - Unlimited Water is good for you!	0
1 Slice of Pumpkin Pie With Topping	450	1 Slice of Autumn Pie (see recipe) http://www.dietbites.com/article1135.html	150
1 Slice of Pecan Pie	650	1 Cup of Fruit Salad	100
1 Cup of Egg Nog	400	1 cup of Holiday Egg Nog (see recipe) http://www.dietbites.com/article1059.html	100
Grand Total	4,575	Grand Total	1,240





Maintaining your Healthy Diet

****Tips for the Holidays****

Here are some tips that will help keep you from tipping the scales this holiday season:

- Skip those tempting appetizers. Each luscious and sinful bite contains about 100 calories or more a pop! It's not worth it. Instead, focus on enjoying an entire slice of pie with your holiday meal.
- Opt for unsweetened beverages. If you must sweeten do so with no calorie packets. A lemon or lime will add beauty to your beverage without spiking up the calories.
- Speaking of spiking - stay away from the holiday spirits and save a ton of calories (and hiccups to boot!).
- Allow the no calorie butter sprays to become your very comfortable crutch! Be careful one "spray" may be more than the actual serving size, read the label! If you opt for real butter/margarine, try to use sparingly - about one half the amount you usually use.
- Cranberry sauce is very high in calories. It's very deceiving because it's made from fruit (the cranberry).
- Pecan pie. "Just say NO." It's pure unadulterated sugar! White sugar, brown sugar, and syrup AND nuts. So, steer clear if you are watching your waistline.

Leave the cheese balls and the nut dish alone. As for the nuts, they contain about 400 calories per cup and are extremely high in fat. For actual nutrition facts on nuts: <http://caloriecount.about.com/calories-nut-seed-products-ic1200>

- Don't feel obligated to eat anything that you don't want to. If you find yourself locked in a situation where you just can't say no, then take the treat and discretely find a method of disposal.
- Eat very slowly and savor each and every bite. It takes about 20 minutes before your stomach registers what your mouth put inside.

A typical holiday meal is 4,575 calories. By following the guidelines on page 2 you can decrease your calories to 1,240. Although 1,240 calories is nothing to brag about, it's a lot better than 4,575, isn't it? You can cut the calorie/fat content further still by omitting items from your holiday meal. For instance, settle for just one dessert or omit either the mashed potato or the sweet potato. Forego the cranberry sauce, or have a small Tablespoon instead.

Source: <http://www.dietbites.com/calories-in-holiday-meal-2.html>

